|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Tromsø Mountain Ultra 50km and 25km  **Date: 24th of August 2019**  We have the pleasureto welcome you to Tromsø Mountain Ultra 50k and HalfUltra 25k Saturday August 24th 2019.  **Start time** 09:00 Tromsø Mountain Ultra 50km starts at Snarbyeidet.  12:00 HalfUltra 25km starts at Tromsø Camping in Tromsdalen.  **Bus transport** MSM provides free transportation from Tromsø Camping to start at Snarbyeidet Saturday, for those running Tromsø Mountain Ultra 50km. The bus leaves at 7:50 from the camping in Tromsdalen.   **Cut-off time**  The cut off time for the Ultra 50k race is 9 hours. Runners that do not reach checkpoint Tromsdalselva (31,6 K) before cut-off time 14:30 will be taken out of the race. If you are taken out of the race you have to return to the finish point at Tromsø Camping in Tromsdalen and notify the race marshalls.  The maximum time for Half Ultra 25k is 6 hours.  If you have to drop out of the race while running, please contact the nearest MSM marshal or call: (0047) 77 67 33 63 (MSM) or (0047) 472 51 434 (Red Cross).  **Classes** There are two classes - men and female. Age limit is 18 years to start.  **Participants Declaration**  Before start we will ask you to sign a participant declaration that you are in good health, and fully prepared for the competition.  **Pick up your starting kit:**  Friday August 23th at Tromsø Camping from 12:00 – 17:00.  If you cannot pick up your start number Friday, please be early at Tromsø Camping Saturday morning to get your start kit. Remember to bring the participant declaration with you when picking up your start number.  Runners participating in Tromsø Mountain HalfUltra 25km. can pick up their start number Friday 12:00-17:00 or Saturday between 09:00-11:30 at Tromsø Camping.  **Bag requirements**  Everyone must have a backpack with the below listed content. The content of you backpack is a security precaution and is meant to be your ***extra clothing and gear***, not the gear you wear while running. In case of emergencies, injury or bad weather, the content of your backpack can help you if you find yourself in a difficult situation. ***The backpack must include:***   * Shirt/sweater * Map * Compass or GPS (GPS-watch and compass is accepted) * Food (minimum 150 grams of food left when you cross the finish line). * Windproof jacket * Windproof pants * Hat * Gloves * Flute * Mobile phone * Bottle / Beverage Bags (minimum 0,5 liter) * Thermal foil blanket   ***NB! All these items must be inside your backpack when you cross the finish line***. If you choose to wear some of the safety items during the race, you will have to put it inside the backpack before you cross the finish line.  The organizer hand out thermal foil blanket and course map to all participants, the rest of the items you have to bring yourself. The backpacks can be checked at the finish, and 15 minutes extra time will be given if any of the above items are missing.  **Service stations/check-points.**  You need to pass all check points, and at most places we will offer you water and Maxim sport drink. Some station also have gel/bars.   |  |  |  |  | | --- | --- | --- | --- | | **Place** | **Sea level** | **Distance** | **Service at place** | | Trollvassbu | 130 moh | 5k | Water and Maxim sportsdrink | | Nonsbu | 260moh | 13,6 k | Water and Maxim sportsdrink | | Blåkollkoia | 263moh | 19 km | Water and Maxim sportsdrink | | Skarvassbu | 580 moh | 25 km | Water and Maxim sportsdrink | | Tromsdalselva | 300 moh | 31,6 km | Water, Maxim sportsdrink, banana, RedCross | | Djupdalen | 540 moh | 34,8 km | Water and Maxim sportsdrink | | Bønntuva | 776 moh | 36,7 km | Check point, no service | | Fjellheisen | 420 moh | 40 km | Water, Maxim sportdrink, Coke, banana | | Svarthammeren | 210 moh | 45 km | Water, Maxim sportdrink, Coke, | | Finish | 10 moh | 50,1 km | Water, Maxim sportsdrink, banana, food, RedCross | | |
| Participants cannot have their own support in the course or receive service from other than the organizer's service stations. Beyond this it is ONLY what you have in your backpack that can be used. It is not allowed to have accompanied runners beyond those participating in the race.  **Red Cross** Red Cross station is situated at the checkpoint (F) and finish line, and can provide medical care when needed Phone to Red Cross: (0047) 472 51 434  **Weather conditions:** If weather conditions are bad, a jury from MSM will make a decision for an alternative course or cancellation.  **Prizes** Every runner completing the Ultra and HalfUltra race receives a prize. The top three men and women will be awarded.  Other: Remember do not throw paper or containers in nature.  Organizer: Foundation Midnight Sun Marathon, Tel. +47 776 73363 or + 47 960 47779, [info@msm.no](mailto:info@msm.no) |